

A Psychodynamic Study of Family System Arrangement

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Abstract: Through the exploration of psychological motivation and the integration of family system arrangement content, this study explores the application of psychological motivation in Hellinger's family system arrangement. The common points of family system arrangement and traditional psychodynamic therapy in sexual drive, instinct theory and defense mechanism were found. The family system arrangement provides new insights into traditional psychodynamic therapy and can be used as an auxiliary method of psychotherapy. I hope to improve the public's acceptance and recognition of the family system arrangement. This study aims to develop and enhance the practical applicability of family constellations in practical applications.

1. Introduction

With the gradual popularization and penetration of psychodynamic psychotherapy in the scope of medical and psychiatric work, Mr. Bert Hellinger has finally created and continuously improved the phenomenological method of family system arrangement after more than 30 years of careful study and continuous practice. Its appearance has caused great repercussions in the field of clinical psychology, and workshops of various family systems have sprung up. However, for many people in first contact, it is not well accepted, drawing on the dramatic operation of psychodrama and the family system arrangement of seemingly exaggerated expressions. Because the flow of psychological motivation in the family system arrangement is not traceable, many academic experts and scholars also have a certain degree of doubt and rejection for the family system arrangement. However, the emergence of the family system arrangement enables us to reproduce the psychological motivation hidden in this collective unconsciousness under the sun through role-playing and interaction, so as to find the root cause of the problem, and then to re-comb the psychological motivation that has been blocked and broken, restore its normal 'love order', and return people to the correct development track. It is a very effective way of psychotherapy. Therefore, this paper hopes to show the similarities between family system arrangement and traditional psychodynamic therapy, so that people can see the psychodynamic factors in family system arrangement more intuitively, so as to change the public's rejection or over-adoption of family system arrangement. It is hoped that it can play a certain role in the development and promotion of family system arrangement.

2. Literature review

2.1 Psychological motivation

Psychological motivation was first proposed by the American psychologist Wu Weishi. In his theory, psychology should be dynamic, so he called his psychological theory as dynamic psychology and published the book "dynamic psychology." However, the field of dynamic psychology is very complex, and there is no school, no accurate founder, and no clear leader. However, when it comes to psychological motivation, the first person that flashes through everyone's mind is often Mr. Freud. As a famous psychiatrist in Vienna and the founder of the school of psychoanalysis, he gradually developed and perfected the theory of psychoanalysis and formed his own theory through his clinical treatment. And for the first time, the causes of psychogenic diseases such as neurosis were discussed at the psychological level. It turns the object of psychological attention from external behavior to explore people's inner world. The two most important aspects of Freud's dynamics are energy and instinct, and its core theories mainly include consciousness and subconsciousness, personality structure theory, instinct theory and the development theory of human sexual psychology.

Psychoanalysis is one of the landmark contributions made by Sigmund Freud to the development of Western humanities. Although its clinical application frequency has decreased significantly in contemporary diagnostic and therapeutic scenarios, various psychotherapy theories derived from it have gradually become the core paradigm of current social individual psychological problem intervention. Among the many therapeutic theories based on psychoanalysis, the psychodynamic therapy proposed by Harry Sullivan has important clinical influence. This therapy is not only the mainstream intervention in clinical psychotherapy in German-speaking countries, but also shows a trend of gradual popularization in the United States. Its application scope has gradually expanded from the field of traditional psychotherapy to the clinical work of psychiatry and comprehensive medicine. The core view of the Sullivan School is that the advancement of individual socialization, the construction of adaptive adult identity and the development of self-esteem system are all based on various motivational and driving social relations experienced by individuals in the process of growth.[1] This view is the core consensus formed by the school after absorbing multidisciplinary research results, theoretical exploration and practical development.

2.2 The development of family arrangement system

From the perspective of the nature of social attributes, the individual is always in a complex social network, and the caregiver as the initial link plays a key role in the construction of the individual's early social relations. It is worth noting that for individuals in complex social systems, the need to obtain love is one of their core psychological needs, which is reflected in specific and diverse social relations at different stages. For example, in the infant stage, individuals interact with caregivers (mostly parents) through signals such as crying and smiling. Their desire for specific caring behaviors such as hugs, responses, and care is essentially a direct manifestation of the need for love in early parent-child relationships. The timely response and stable care of caregivers will become an important basis for the establishment of individual security. Entering school age, individuals will seek acceptance and recognition through sharing, mutual assistance and other behaviors in peer relationships, and eager to obtain friendly treatment and emotional support from peers. This is an extension of the need for love in peer social relations; in adulthood, emotional resonance, commitment and companionship in intimate relationships, and mutual assistance and recognition based on respect in workplace relationships are all specific manifestations of love needs in different social relationship scenarios. Individuals often obtain enough love by achieving

corresponding development goals (such as emotional regulation in infancy, social adaptation in school age, relationship maintenance in adulthood, etc.) to achieve the satisfaction of this core need. Freud proposed more than a century ago that the interaction between an individual and his parents in childhood is in an undifferentiated state of chaos. At this stage of development, the subtle process of individual psychological development is susceptible to the psychological drive generated by the implicit conflict experience, and such effects mostly occur in the form of subconscious, with potential and concealment.[2]

In the decades since then, scholars such as Satir have continued to delve into this field, gradually clarifying the profound influence of the family system on individual psychological development and its internal psychological motivation mechanism. In the 1990 s, Hailinger put forward the innovative treatment paradigm of "family system arrangement" on the basis of long-term clinical practice and theoretical precipitation. This paradigm integrates the core technical elements of Moreno's psychodrama and Satya's family sculpture, and has become an important clinical intervention method to explore the psychological motivation of the family system and solve individual psychological problems.

2.3 The presentation of psychological motivation in the family system arrangement-love

First of all, for people in a complex society, everyone has a need for love. In order to successfully obtain enough love and maintain the normal operation of our system, people are often driven to meet people's needs for love in the following three ways:

(1) Good connection with others.

When people are in a system where members have good connections with each other, each member will feel extremely relaxed and free. Therefore, when the flow of 'love' between us and ourselves (each person's connection with himself is also important) or others can be unimpeded, in fact, the psychological development of each of us is also healthy and energetic. At the same time, the stability of the connection between people in this system will be more solid;

(2) Let the love between members get balance.

When every member within the system gives love to others, the love they receive can achieve a fundamental balance between giving and receiving. The energy of 'love' basically does not shift (over-tilt in one direction). If there are people who give but not receive or receive but not give in the family system, the balance of the system will be broken, and the feelings among members will be fragmented with the loss of balance.

(3) Follow the order of love

There is a kind of core normative dimension in individual daily life, which can be defined as order or rule, which is clearly interpreted as ' the order of love ' by Hellinger. [3]As an implicit rule, this order has a restraining effect on individual behavior patterns and emotional expression. When the individual's behavior and expression meet the requirements of the order, the social system (especially the family system) can maintain a stable and orderly operation. The above-mentioned love needs, psychological motivation mechanism and love order, which restrict and influence each other in different social systems and family systems, together constitute the macro framework of individual social behavior and psychological development, guide the specific way of individual life, and make the individual's psychological and behavioral performance show the regular characteristics of traceability.

2.4 Restraint of psychological motivation in family system arrangement-conscience

The concept of "conscience" from the perspective of family system arrangement is significantly different from the conscience recognized by the public in daily life. The theoretical framework

proposes that there are three special forms of conscience, whose core function is to regulate the individual's three basic love needs. From the perspective of hierarchical relationship, the overall 'third conscience' is at the highest level; 'Systematic conscience' is in the middle level, which can influence the psychology and behavior of family members in a subtle way. The 'personal conscience' corresponds to the concept of conscience in the context of daily life, and its core representation is the individual's inner sense of guilt or the experience of peace. Only when the hierarchical positioning of these three types of conscience meets the requirements of the order of love can the family system achieve efficient and healthy operation. From the perspective of psychological experience, when the individual's behavior does not violate the constraints of conscience, it often produces a free and relaxed psychological state; the generation of guilt is usually due to the violation of conscience norms by individual behavior. It is worth noting that different social systems or family systems will form different conscience norms. Such norms will not only guide the individual's life development trajectory, but also deeply integrate into the individual's personality structure and form deep-rooted psychological characteristics. The individual's psychology and behavior are always in the constraint network composed of such multiple conscience norms.

2.5 The rule-order of mental dynamics in the family system arrangement

This is manifested in the family arrangement, family members according to the order of entry into the system, according to a relatively fixed order, when all members of a family are arranged in this order, the participating members tend to feel relaxed and free. At this time in the family system, each member often has the best way to flow of love.

In the 'love order' framework of the family system, there is a clear hierarchical difference between the order of parents and children. The order of parents is always higher than that of children, which is one of the core premises to maintain the stability of the family system. For young children, they are relatively low in the family order. If young children excessively interfere with the exclusive relationship and affairs between parents (that is, to break through their own order boundary to intervene in the interaction at the parent level), they often become the direct affected by the imbalance of the family system. In essence, the relationship and affairs between parents have exclusive boundaries, and the excessive participation of young children itself violates the 'order of love'. This improper behavior of transcending one's own order is defined as "offside" in the theory of family system arrangement. Offside behavior will have a hidden and lasting negative impact on children's psychological development, which is manifested in lack of self-confidence and depression. In extreme cases, it may even lead to persistent setbacks in the subsequent development of the individual, falling into an unfortunate state of survival and enduring long-term psychological pain. Therefore, even if parents take the initiative to mention their own related issues to their children, or the excessive intimacy between children and parents, children should also abide by the order boundary to actively avoid, and gradually dilute the impact of such offside interaction.

In the family system, if children fail to convey enough respect and gratitude to their parents, the order of the family is prone to disorder. From the perspective of the essence of life inheritance, children's life originates from their parents, and the material resources, emotional nourishment and survival foundation needed in their growth process are all provided by their parents. This irreplaceable life connection determines that children need to always respect and be grateful to their parents. In the event of such a 'reversal of the order', the family system will fall into a double imbalance: on the one hand, parents cannot obtain the identity of their children and it is difficult to establish a stable and healthy emotional connection with their children; on the other hand, children can not smoothly undertake the psychological energy and life force from their parents in the process

of growth, and this lack of psychological energy is often transmitted through intergenerational transmission, trying to seek compensation for their children's offspring. This compensatory mechanism will further aggravate the disorder of the family system, make it lose the ability of self-regulation and stable operation, and then induce the psychological problems of various family members. When the influence of family disorder continues to accumulate, it is difficult to avoid the psychological distress of individuals in the process of growth.[3].

3. System arrangement to ensure the normal flow of psychological power way

3.1 Operation process of system arrangement

In the family system arrangement, the arranger arranges by using representatives, and uses strangers to replace the members of the family system in which the parties are located. So that the on-site representative is not affected by the subjective factors of the parties themselves, and completely follows the current mind to move and express emotions. In this way, the unknown psychological motivation that leads to psychological problems originally hidden in the depths is exposed to the sun, so that the parties can face the real needs of their hearts. It offers a more direct solution to the differences between the personal needs of the parties and the social requirements, so that the parties' needs can be met, reduces the driving force, thereby lowering tension and relieving depression. The psychological motivation shown in the family system arrangement is similar to the traditional psychological motivation to a large extent, but it has its unique side.

3.2 Sexual drive in the platoon

With the popularization of psychological knowledge, 'libido' has become a high-frequency concept in the public discourse system. In the theoretical framework of psychoanalysis, libido is a psychological drive derived from sexual instinct. Its core function is not only to promote the individual's reproductive behavior, but also to promote the individual to obtain psychological satisfaction through various pleasant experiences, and then drive the individual to carry out corresponding behavioral activities. As the core correlation dimension of Libido, 'sex' has always been in the taboo of social culture and the universal tension, and this sex drive is embodied in the theory of family system arrangement as the intimate connection of gender relations. Studies have shown that healthy gender intimacy has a significant positive effect on individual personality shaping and psychological development.

Returning to Freud's psychodynamic theory, his personality structure theory points out that id and self are always in dynamic conflict. The occurrence of individual psychological problems and mental illness can often be traced back to the psychological shock or traumatic events experienced in the early life (especially in childhood). It can be seen that a harmonious and happy family environment has an indispensable protective effect on the early psychological development of individuals, and is an important basis for the subsequent mental health development of individuals. [4].

In the family life cycle, the birth of the first child marks the initial peak of the intimate relationship between husband and wife. However, since then, the intimate relationship between partners will gradually shift from vertical deep connection to horizontal family relationship expansion. Although this transformation enriches the family relationship network, it weakens the intensity of intimate connection between husband and wife to a certain extent. Therefore, when the couple has children and the intimate relationship is in crisis, it is necessary to adopt appropriate ways and paths to deal with the termination of the relationship and give priority to the placement of children. From the perspective of the practical principles of family system arrangement, the

decision to end the intimate relationship should be determined by the husband and wife through mutual consultation, and then the children should be informed in a direct and frank manner. Although this communication method may cause children's resistance, it can improve the efficiency of decision-making. [5] Starting from the optimal principle of children's development, no matter which parent the children are ultimately raised by, their caregivers should have a respectful attitude towards the other party. This respect not only helps to maintain the hidden order of the family system, but also provides protection for the mental health development of children.

4. Discussion

For family system arrangement itself, its unusual way of presentation and operation means that many people find it strange on first contact. Therefore, it often leads to people's rejection or over-acceptance of the arrangement of family systems. And in the academic point of view, the family system arrangement is only to provide a solution, and not like psychoanalysis can step by step with the growth of the parties gradually find their own internal depression. Instead, it shows the parties in advance the situation of good condition when they are cured, but it is a long process to transform this situation into real life and show its role. Therefore, the acceptance of the family system arrangement by the academic school has been sluggish. [6] However, after reading, sorting out and analyzing a large number of documents, we can find that the family system arrangement and psychodynamics are inextricably linked. Because the flow of psychological motivation in the family system arrangement is actually similar to the traditional psychological motivation therapy. Moreover, in terms of traditional psychodynamic therapy, the family system arrangement can cross the boundaries of time and space, help the parties to reconstruct the situation when the psychological motivation is generated, and do not need too much intervention and explanation, and leave out many subjective factors of the parties. Therefore, the results presented by the family system arrangement are often closer to the truth. Because the family system is arranged directly to the core, this can also help the parties more directly and conveniently understand the problem and correct it. Therefore, for traditional psychodynamic therapy, family system arrangement is a simple and effective auxiliary method for psychotherapy.

Therefore, we should adopt an open and inclusive rational attitude towards the treatment technology of family system arrangement: it should neither be blindly rejected due to the difference of theoretical paradigms, nor be over-accepted from clinical practice and cultural context. Its core meaning is to ensure that 'love' flows in a peaceful and orderly manner in the family system, and to provide support for individual mental health development and family intergenerational harmonious transmission by maintaining the dynamic balance of the family system.

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